

PED 120 : Walking for Fitness

This course introduces fitness through walking. Emphasis is placed on stretching, conditioning exercises, proper clothing, fluid needs, and injury prevention. Upon completion, students should be able to participate in a recreational walking program.

Credits 1

Class Hours 0

Lab Hours 3

Clinical Experience Hours 0

Notes

This course has been approved for transfer under the CAA as a pre-major and/or elective course requirement.

This course has been approved for transfer under the ICAA as a pre-major and/or elective course requirement.